

Warren SENTINEL

Volume 63, Issue 1

F. E. Warren Air Force Base, Wyoming

Jan. 9, 2004

OPJ Committee Extends Thanks

Capt. Sylvette Ortiz

90th Operations Support Squadron

1st Lt. Robert Hershner

90th Missile Maintenance Squadron

The Operation Provide Joy Central Committee would like to thank all those who helped make this year's holiday party a success. Without the help of everyone who volunteered - from room setup and tear down, child escorts, bus drivers to police and fire escorts and security forces to ensure Gate 2 was open - this party would not have been possible.

A few days after the party, we received an e-mail from Chief Master Sgt. Vincent Dicks, 90th Space Wing command chief master sergeant, telling us of his experience with some of the partygoers the day after the event. Since it articulates exactly what the party - and the holiday season - is all about, we wanted to share it with those who helped make this event a success. All OPJ volunteers deserve to read this heartwarming note and know they had a profound impact on somebody's holiday.

"Four of the kids that attended OPJ also go to our church. Due to their family situations, our congregation helps them out in many ways. After Sunday School, all four kids ran up to me talking about OPJ. They all had their sweat shirts on and brought their Slinky toys to church. We had a pot-

See THANKS, Page 3

Officials Sensitive to Mad Cow

Bonnie Powell

DeCA

FORT LEE, Va. — Officials at the Defense Commissary Agency are closely monitoring the ever-changing situation involving a case of bovine spongiform encephalopathy (BSE), also known as mad cow disease, identified Dec. 23 in a single cow in Washington state.

Since Dec. 23 the U.S. Department of Agriculture has conducted a limited recall of 10,000 pounds of beef that may originate from the infected cow and from cows slaughtered at the same time and location.

"No beef in any of our 275 commissaries worldwide has been involved in a USDA recall," said Col. Mark Wolken, chief of public health, safety and security for DeCA. "The USDA has stated that the U.S. beef supply is safe and that the beef recall resulted from an abundance of caution, not fear that the meat is infected. Should the USDA make a determination that there is a danger, DeCA would be first to react to protect the health of our customers," he said.

Since the first U.S. case of BSE was identified Dec. 23, commissary customers have raised questions about the safety of beef purchased at their local commissary. Questions range from: "Should I return the ground beef I bought last week?" to "Has my commissary received meat from the infected cow?"

"The answer to both questions is 'no'" said Col. Wolken, an Army veterinarian. "As is always the case, customers who wish to return commissary products for a full refund may do so without questions. The brain, spinal cord and lower intestine - where the protein or 'prion' that is believed to cause BSE is found - is not

generally used in food consumed by Americans. Those parts were removed from the infected cow before any of it could enter the meat supply."

“No beef in any of our 275 commissaries worldwide has been involved in a USDA recall”

—Col. Mark Wolken, DeCA
chief of public health,
safety and security



Courtesy photo

USDA investigators have determined that the recalled meat went to a few commercial markets in Alaska, Hawaii, Idaho, Montana and Guam as well as Washington state, Oregon, California and Nevada. "No commissaries received any of those shipments," Col. Wolken emphasized. "But I can certainly understand customers having con-

See COW, Page 19



I Put on my Uniform Just Like You

Chief Master Sgt. Vincent Dicks
*90th Space Wing
command chief master sergeant*

A chief master sergeant was sitting at his desk just down the hall from the Operations Group commander's office at Pope Air Force Base, N.C. As the chief finished his second cup of coffee after reviewing the last of the morning messages, the commander stepped into his office. "Chief," the colonel said, "I hate to ask you this, but you need to be in the desert in six days from now for a 120-day rotation. Can you go?" With no emotion in his voice or without even looking up, the chief replied, "I put on my uniform this morning, didn't I sir?" The colonel was a little taken back by the chief's response because he wasn't one to talk in riddles. The colonel thought to himself, "Has this veteran of 28

years finally gone off the deep end on me?" The wise old protector of the enlisted corps smiled and began to explain. "Sir, I made a promise to myself more than 20 years ago that I would only put this uniform on as long as I'm available and ready to do the duty it requires of me." While this story may be obvious to many Air Force members, it seems to completely escape others. Available for duty means more than negotiating premium assignments, TDYs or scheming to get a suite versus a regular billeting room at the TDY location, and planning how much time off you can muster out of those tours. Available for duty really means you are ready to go any place in the world we are required at anytime. My wife is retired Air Guard, I'm almost 30 years as active duty Air Force, and my son has five years in the Army Reserves. My deployments have been START treaty re-

lated and a short one as a command chief. My wife did Desert Storm, Operation Just Cause, and several support missions. Our son just returned in August after seven months in Afghanistan serving in Operation Enduring Freedom. Unlike Mom and Dad, his deployment was a little more "combat related" resulting in him being awarded the Bronze Star. Our family has saluted smartly and went where they sent us. Hey, we've even done a total of 14 years during two tours to Minot AFB N.D. Recently, I've seen some Air Force members spend more time and energy getting out of assignments and deployments than it would have taken to just suck it up and go do it. Thinking back on patriots that have come before us, it's good to reflect on what they gave for the freedoms we now enjoy. I recently reviewed some history about soldiers who fought at Valley Forge and Omaha Beach.

I'm glad they weren't worrying about desirable assignments, money-makin' deployments, billeting rooms/suites and time off. Many of those warriors sacrificed a great deal, some gave the ultimate sacrifice to obtain and ensure the freedoms we often take for granted today. Their approach may have seemed overly simplistic, however, when it comes to defining service to our country, the answer is just that simple. Those patriots were available for duty, did their jobs and did them very well. In today's world of "What can you do for me?" it's easy to lose sight of what "service before self" is all about. Service goes far beyond the individual, it affects the well being of our nation. Sitting at Cheyenne, Wyo. enjoying our great American way of life, it's easy sometimes to forget the sacrifices we have agreed to endure in the ser-

See CHIEF, Page 19

Warren SENTINEL

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DEADLINES:
Articles are due to Public Affairs, Building 250, room 201, by 4:30 p.m. Thursday the week before publication. Classified ads are due by 11 a.m. Tuesday the week of publication.

Classified ads can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue.

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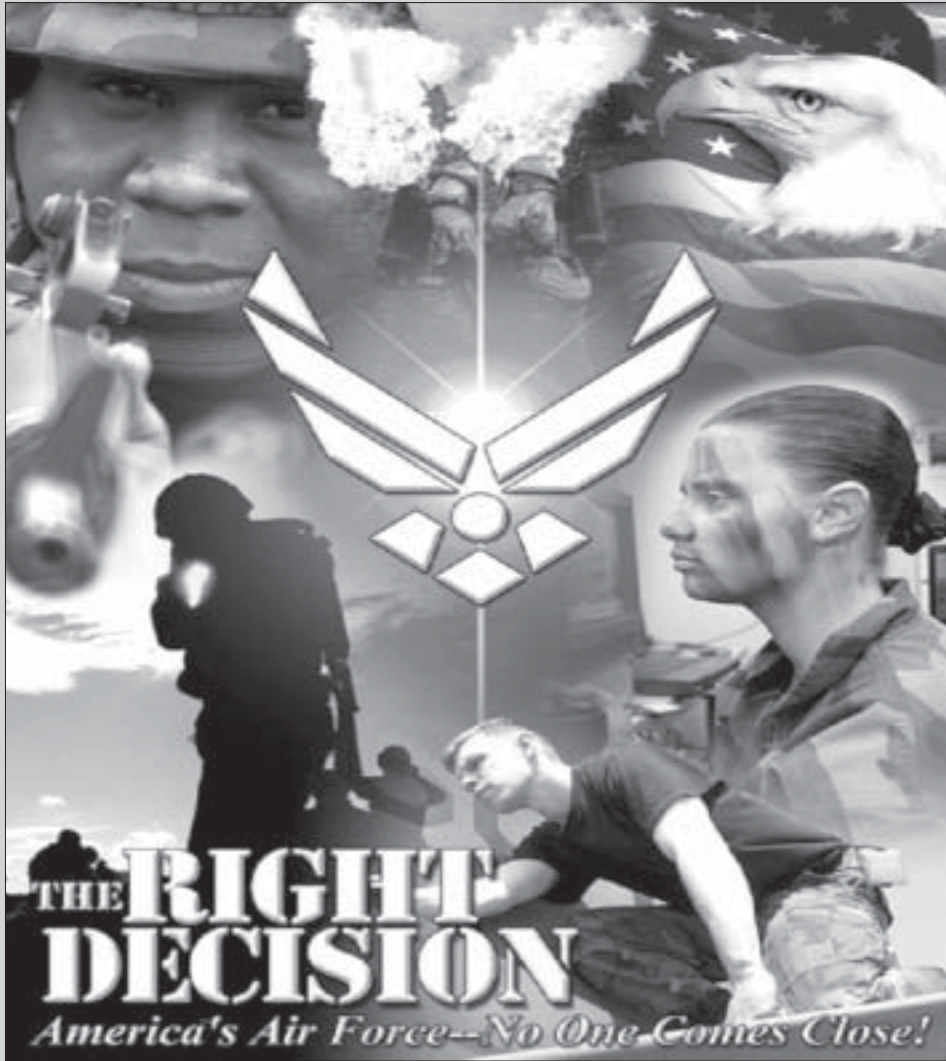
Direct questions or comments to the SENTINEL at 773-3381 or e-mail at Sentinel@warren.af.mil.

Editorial Staff

- Col. Evan Hoapili
90th Space Wing Commander
- Capt. Warren Neary
Chief, Public Affairs
- 1st Lt. Matthew Bates
Deputy Chief, Public Affairs
- 1st Lt. Nicole Walters
OIC of Internal, Public Affairs
- Staff Sgt. Kurt Arkenberg
NCOIC of Internal, Public Affairs
- Airman 1st Class Lauren Hasinger
Sentinel Staff Writer

Right Decision

Right Decision Seminars...
- Prepare 1st- and 2nd-term airmen to make the right decision on whether to re-enlist or separate.
- Are no pressure environments.
- Have guest speakers that provide honest facts.
- Welcomes spouses
- Are conducted the third Wednesday of every month at 1 p.m. in room 17 of the Warren Education Center, Building 841. The overall consensus of prior attendees has been that the seminars are very helpful in preparing for one of the toughest decisions an airman has to make. For more information, contact Master Sgt. Kal Robinson, 90th



BRIEFS

SFS Seeks Volunteers

90 SFS Investigations is seeking people with foreign language skills to be interpreters during crisis situations. Any person who would like to volunteer as an interpreter can respond to Staff Sgt. Scott Gero via e-mail to scott.gero@warren.af.mil. Volunteers should include their first and last name, squadron, foreign language spoken, duty phone and home/cell phone number.

Tax Center Needs Assistance

The Warren tax center is looking for volunteers to help provide over \$200,000 worth of tax services to the community. Active duty, retirees, spouses and friends can be released from duties to attend the Volunteer Income Tax Assistance Course (VITA) and volunteer. Talk to your supervisor about your availability and call Capt. Lance Wood or Staff Sgt. Tim Johnston at 773-2256.

IG Listens

The Air Force IG complaint program is a leadership tool that indicates where command involvement is needed to correct systematic, programmatic or procedural weakness. It ensures resources are used effectively and efficiently, resolves problems affecting the Air Force mission promptly and objectively, creates an atmosphere of trust in which issues can be objectively and fully resolved without retaliation or fear of reprisal and assists commanders in instilling confidence in Air Force leadership. You can contact us by appointment by calling 773-4800, stop by Building 250, room 153 or e-mail us at 90SW/IG@warren.af.mil.

More Briefs, Page 6

Generosity Makes Children Smile

Airman 1st Class Lauren Hasinger
Public Affairs

Abused, neglected, forgotten. One would never know from the innocent faces and gentle personalities that the children of St. Joseph's Children's Home have had such a rough beginning. Some have even committed offenses. These are the kids, it would seem, the world has given up on, but not St. Joseph's and not Warren.

Four members from the 90th Contracting Squadron delivered gifts Dec. 19 that they and the 90th Comptroller Squadron purchased for all of the 63 children who live at St. Joseph's in Torrington, Wyo.

"We were originally going to put name tags on a tree and allow people to take a tag and purchase a gift for that child, but there was such a huge response. People started grabbing the tags off my desk, some even taking more than one," said Staff Sgt. Rebeca Hinz, 90 CONS.

Each child received at least one present such as a portable CD player or clothes. Most got exactly what they wanted.



Master Sgt. Jeffrey Lemke, 90th Contracting Squadron, answers a question during a classroom visit.

Originally an orphanage, St. Joseph's became a residential treatment facility for youths in 1970. Children range in age from 6 to 18, with the majority 12 to 14. Most are there for 12 to 18 months. St. Joseph's is a fully accredited school so the children can meet high school graduation requirements.

The children participate in therapy, both individual and group where they learn corrective thinking, spirituality, social skills, and about relationships and sexuality.

During the visit by the group from the 90 CONS a few children read stories from books that they both wrote and illustrated. St. Joseph's also has a choir and the kids perform plays and skits.

"All our kids are talented," said Ms. Nancy Green, youth minister and licensed mental health counselor.

The Warren visitors were able to visit children in their classrooms to talk with them and answer questions. Children asked about the current war in Iraq, why their shoes were so



Photos by Airman 1st Class Lauren Hasinger
Staff Sgt. Rebeca Hinz, 90th Contracting Squadron, stacks gifts at St. Joseph's Dec. 19. Members of the contracting squadron and comptroller squadron brought enough gifts for all 63 St. Joseph's children.

shiny and even if they had been in World War I.

The children waited until Christmas Day to open their presents.

"This has really brightened their day," said Ms. Green. "Because they've had such sad lives."

Ms. Green hopes the children will leave St. Joseph's with social skills, anger management, relationship skills and most of all, an improved self-esteem.

As the group visited with the children, they heard no self-pity, only dreams for the future and their desire for a good life.

THANKS, from Page 1

luck after services... and they had to come sit with me and tell me all about their presents, their escorts, the magician and all the other neat stuff they remembered about the event.

Their parents told me the

kids hadn't stopped talking about it. Just wanted you to know there are four lives you certainly touched and I'm sure the same is true for many more. I know the event was lots of work but thanks for the effort... you really made an impact."

Again, on behalf of the Operation Provide Joy Central Committee, we would like to thank everyone that made this year's party a success. We eagerly look forward to your support in the following years!

Stay Alert For Road Closures During Exercises

Senior Master Sgt. Victor Meyers
90th Security Forces Squadron

The 90th Space Wing soon will be conducting no-notice exercises to see how Warren warriors react to situations such as major accidents, mishaps or terrorist events. One item to be evaluated is our traffic control management/containment actions. It's imperative the hazardous area be contained to prevent further injuries.

The 90th Security Forces Squadron is charged with closing roads leading into the hazardous

area and strictly controlling anyone's entry through an "entry control point." These exclusion areas, called cordons, could be as small as 300 feet or as large as 4,000 feet. This can prove to be a daunting task for security forces.

One of their first priorities is to close roads leading into the area, in one of two ways: by placing a security forces member in the roadway to stop traffic or by placing a barrier in the roadway. These locations are called traffic control points and are paramount to protecting the public. If delayed at one of the TCP lo-

cations, obey the instructions given by the SF member or signs.

Any personnel, civilian or military, violating the orders of a SF member or any traffic control warning signs will be detained and processed for the violation at the termination of the exercise scenario. While the roads are being blocked, SF members are simultaneously coordinating the evacuation of all buildings located in the cordon (hazard) area. Those in the danger area will be instructed on what actions to take.

These instructions may be passed over the telephone, computer, vehicle mounted public

address systems, bull horns or by word of mouth. When evacuation instructions are sent out, secure the work area and follow the instructions. Evacuate the area on foot, so as to prevent clogging the roads with evacuating vehicles and delaying responding emergency crews.

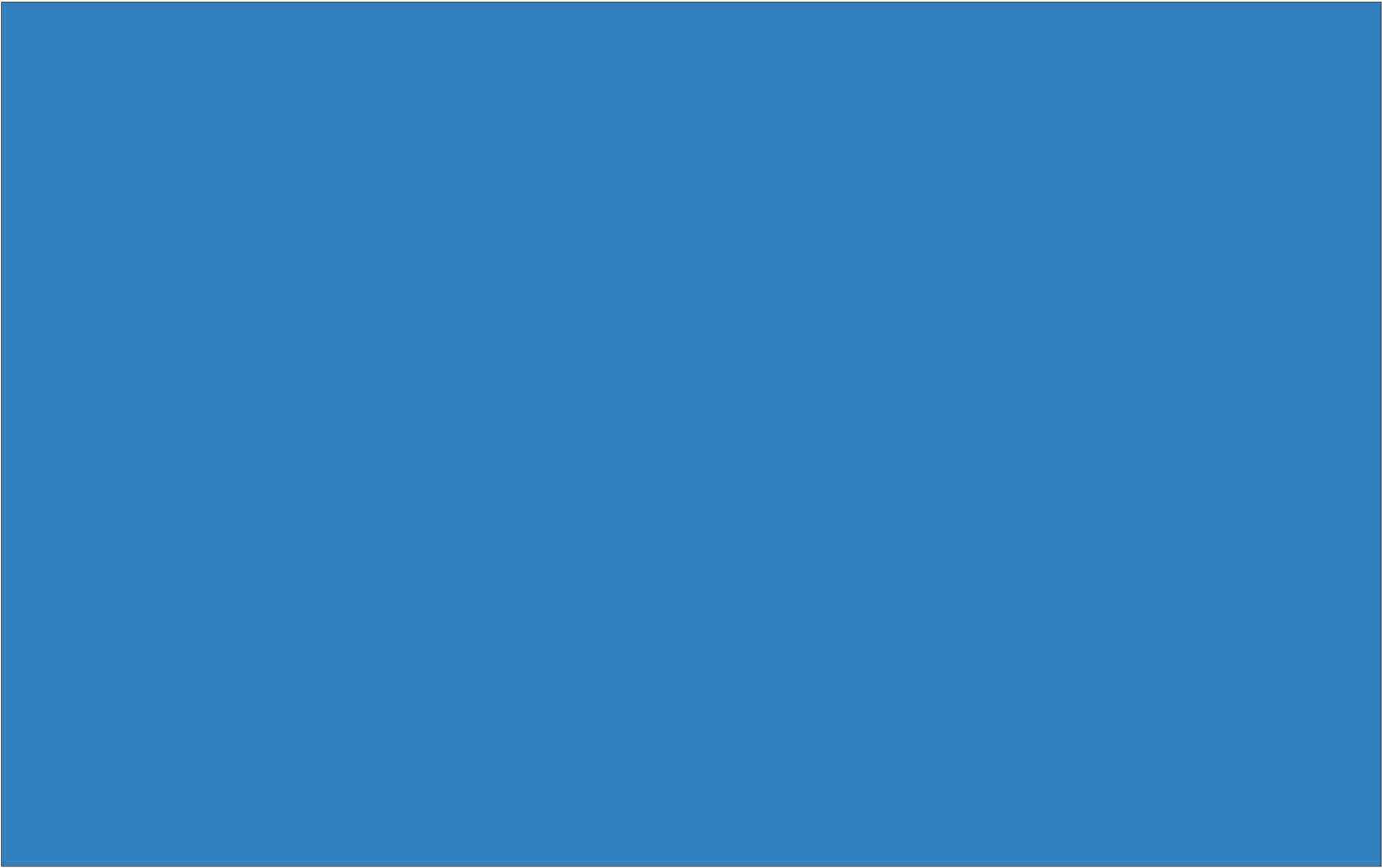
Speed and safety are essential, and delays can put everyone in jeopardy. Remember the security forces' number one mission during emergencies is to contain the situation and prevent further injuries or damage. Your patience and cooperation will aid them tremendously.

Give your family and friends the opportunity to share in your Air Force career

The Hometown News Release Program allows enlisted, officer and DoD employees a way to publish information about career milestones in their hometown newspaper.

How? Just complete a DD Form 2266, Information for Hometown News Release, from the convenience of your computer. Go to <http://web1.whs.osd.mil/icdhome/DDEFORMS.HTM> and click on DD Form 2266. Then bring it to public affairs located on the second floor of Building 250, or fax the completed form to 773-2074. Call public affairs at 773-3381 to verify the request was received.

For a complete submissions list, contact public affairs or reference Air Force Instruction 35-101, Figure 14.5.



Saxophone Quartet Serenades Warren

2nd Lt. Darrick Lee
Public Affairs

The Offutt Saxophone Quartet recently brought holiday cheer to Warren while performing 15 shows in less than 31 hours Dec. 18 and 19. As part of the U.S. Air Force Heartland of America Band from Offutt Air Force Base near Omaha, Neb., the group was one of five band ensembles that traveled to various Air Force bases to perform caroling during the holiday season. Warren is one of many bases within the band's 650,000 square mile area of responsibility.

While at Warren, the quartet traveled to numerous units while playing holiday tunes and giving away gifts and compact discs featuring the band's music. Although the primary mission of the band is to support troop morale, recruiting and community relations, the sax quartet looked forward to bringing a festive atmosphere to airmen 'behind the scenes' while thanking them for their contributions to the Air Force.

The band played shows at nine locations on their first day, including the 90th Security Forces Group, the ICBM Heritage Museum, and the 90th Medical Group clinic. The group not only played traditional favorites, but they also performed new renditions of holiday tunes that showcased their clas-

sical music and jazz styles.

"It sounds great," said Senior Airman Lee Tinch, 37th Helicopter Flight life support technician, during the quartet's performance there. "It's festive."

Their second day included another six performances, including trips to the 20th Air Force Headquarters, the Youth Activities Center, and the Child Development Center.

In addition to thanking airmen 'behind the scenes' at Warren, the foursome paid tribute to our nation's heroes during a performance at the Cheyenne Veteran's Administration Long-Term Care Center. After the show, teary-eyed veterans swapped war stories with the quartet, and



Photo by 2nd Lt. Darrick Lee

Members of the Offutt Saxophone Quartet play some holiday tunes for Warren listeners at the base museum. The quartet performed 15 shows in less than 31 hours Dec. 18 and 19.

To learn more about the Heartland of America Band, or its ensembles like the Offutt Saxophone Quartet, visit their Web site at: www.offutt.af.mil/band.

thanked them for bringing the 'holiday spirit' to the V.A. Medical Center.

The Heartland of America Band is a 60-member unit that performs over 450 concerts annually. The band has

received four Air Force Outstanding Unit awards, and has four times been presented with the John Philip Sousa Foundation's Citation for Musical Excellence for Military Bands.

Warren Exceptional Performers Get 'STEP'D'



Photo by 1st Lt. Nicole Walters

Tech. Sgt. Nicholas Jateff (LEFT), 90th Civil Engineer Squadron, and Staff Sgt. James Spino (ABOVE with his wife Terra and daughter Alyssa), 90th Missile Maintenance Squadron, were recently surprised with promotions to master sergeant and technical sergeant respectively through the Stripes for Exceptional Performers, or STEP program. The STEP Program recognizes exceptional performers through immediate promotion.

Some Tax Statements Now Online

Tax statements are now posted on myPay for Army, Navy and Air Force Reserve, Department of Defense and Department of Energy civilian employees, military annuitants and military retirees.

The W-2 and 1099 statements are available for these groups to view and print, allowing them to submit their tax returns. Air

Force active-duty members will have their statements posted no earlier than Jan. 16, but no later than Jan. 26.

Employees can view their tax statements from myPay at <https://mypay.dfas.mil>. For assistance call myPay customer support toll-free at (800) 390-2348.

Luncheon Scheduled

The 90 Space Wing Quarterly Awards Luncheon will be 11:30 a.m., Jan. 27 at the Trail's End

Club. Contact your first shirt no later than Jan. 23 to RSVP.

MEO Offers Classes

90th Space Wing Military Equal Opportunity teaches First Duty Station (FDS) and Newcomers Orientations twice a month. Both classes focus on Air Force Equal Opportunity and Treatment policy and our responsibilities in the human relations resolution process. Attendance is open to all base personnel. FDS is required for all per-

sonnel new to the Air Force: enlisted, commissioned and civilian. Newcomers Orientation is a refresher course required for all personnel arriving at Warren from a previous duty station. For more information, call the MEO office at 773-2741.

Aerobics Classes Available

Are you looking to spice up your workouts... or simply just want to start working out? Come to the new gym in the aerobics room

for free aerobics classes weekdays at 5:30 a.m., 12 p.m., 5 p.m., and Sat. 10 a.m. We offer step, double step, intervals, yoga, cardio kickboxing, power toning and floor aerobics. Detailed class descriptions and the instructors who teach them are posted on the aerobics room door along with the current schedule. For more information, contact Lucy McVeigh at 631-4979 or Capt. Laura Hasker at 773-3348.



Photo by Airman 1st Class Lauren Hasinger

Find a Seat

Staff Sgt. Kurt Arkenberg, 90th Space Wing Public Affairs, Master Sgt. Rob Palos, 90 SW Military Equal Opportunity, and 1st Lt. Norman Carpenter, 90th Missile Maintenance Squadron, promote Sgt. Palos' play, "The Sitting Place," which will be presented Thursday at the MLK Luncheon.

The luncheon is scheduled for noon, Thursday at the Trail's End Club. The guest speaker will be Ms. Rochelle Brooks-Lyons, Wyoming's first

and only black female principal.

In addition to Ms. Brooks-Lyons, Palos will present his play. It depicts a chance meeting between Dr. Martin Luther King (Lt. Carpenter) and the Mayor (Sgt. Arkenberg) of a fictional Southern city. The play examines how a positive spirit, a motivated heart and a dedicated soul can change the views and even the life of a man that has prejudged and underestimated an entire people.

90th SW IG Corner

What is a "Protected Communication"?

A protected communication is any lawful communication by a member of the Armed Forces to a member of Congress or an Inspector General's office. Additionally, it is any lawful communication by an armed forces member to any member of a DoD audit, inspection, investigation, law enforcement organization, military equal opportunity personnel, family advocacy, and commanders in chain of command with authority to impose non-judicial punishment who believes a violation of law, regulation or policy has occurred. The alleged violations must reveal gross mismanagement, gross waste of funds, an abuse of authority or a substantial danger to public health or safety.

As a reminder, everyone has the right to make a protected communication to the agencies above without the fear of retribution. Protected communications are confidential in nature and are privileged information. For more information about protected communications, call the wing IG office at 773-4800.

Just Kickin' it

Warren Missileer Balances Pursuit of His Career With Pursuit of His Dream

Airman Tessa Cubbon
Public Affairs

The silence of the auditorium is broken only by the occasional grunt, gasp or thump of a body hitting the floor. Audience members hold their breath as two opponents circle each other on a brightly colored plastic mat. The aggressor moves in for the ultimate blow. After a high kick to the head, his opponent falls with a deep thud. The man turns, slightly winded, to the crowd. The crowd erupts into applause as the man smiles, letting the euphoria of the victory wash over him.

This is what it might be like during one of 2nd Lt. Alex White's Tae Kwon Do competitions.

Lt. White, 321st Missile Squadron, has studied the art of Tae Kwon Do since he was 3 years old.

"I learned Tae Kwon Do almost before I could walk," he said. His mother enrolled him in a Tae Kwon Do class instead of daycare when he was 3. He said his father, a former enlisted Air Force member, was an immense influence on his Tae Kwon Do career.

Tae Kwon Do is the world's most widely



Courtesy photo

Lt. White (in red) scores during a Tae Kwon Do tournament. Lt. White's Tae Kwon Do goal is to earn a spot on the U.S. National Team for the 2012 Summer Olympics.

practiced martial art. It's an Olympic sport, an artistic discipline, a system of self-defense and a way of life. The beliefs of Tae Kwon Do include courtesy, integrity, perseverance, self-control and unconquerable spirit. Tae Kwon Do, also known as "taekwondo," "taekwon-do" or "t'aegwondo," is a modern martial art from Korea that is characterized by its fast, high and spinning kicks. The first recorded evidence of what was to become modern Tae Kwon Do was found in a mural painting two thousand years ago in Korean history.

Lt. White starts his day in the early hours of the morning with a structured exercise regimen. After a long day on alert in the missile field, Lt. White might drive to Denver in order to spar or drill in a gym there.

He has been trying to make the national Olympic team and training as much as possible. "I really want to go to the 2012 Olympics. That's a really big goal of mine," he said.

For now, however, he is satisfied as the Air Force Middleweight champion. In the past, Lt. White was also the Air Force Heavyweight champion. He was the National Black Belt League Sport Karate International Amateur League World Champion.

Lt. White volunteers at the YMCA teaching middle school-aged children the fundamentals of Tae Kwon Do. He shows students the art and competition of the activity.

He encourages others, especially families, to get involved with any aspect of Tae Kwon Do. It's a great bonding experience for family members or couples.

"The biggest thing I've learned is to be as active as possible," Lt. White said. He has also learned patience and discipline. Tae Kwon Do also teaches how to make the best of a confrontation, whether to stay and fight or flee the scene.

Tae Kwon Do is not just a hobby for Lt. White; it's a lifestyle. He may not know how to describe it exactly, but when he's in the ring he sees everything in slow motion. He feels more natural when he's performing his art. "It's surreal," he said.

He understands his pursuit of Tae Kwon Do is a second priority to his military career. His supervisors allow him time to follow his dream of the Olympic gold, and for that he is grateful. "It's the perfect balance," he said.

Lt. White said Tae Kwon Do is a good avenue of recruiting for the Air Force. He feels that his achievements can show others their dreams can still be achieved in the military.

Whether he is pummeling an opponent across a brightly colored mat or sitting in an underground capsule monitoring the status of launch facility alarms, Lt. White is a fine example of a military member pursuing his dreams.



Lt. White (in blue) scores with a spinning kick to the midsection.

Basketball Standings

East		West	
Team	Record	Team	Record
OSS	6-1	MOS	7-0
CE	6-1	SFS-B	6-2
MXS-A	5-1	MDG	4-5
790	2-6	LRS	4-6
SFS-A	1-4	MXS-B	2-5
CS	1-4	MS10	1-6
321	1-4		

Standings current as of Tuesday



Flush

Kyle Barrett, playing for the 90th Civil Engineer Squadron, elevates and slams one home during a game against the 790th Missile Security Forces Squadron Tuesday at the new gym. CE toppled the 790th 58-31 to push their record to 6-1.

Finance fact of the week

PCS ADVANCE PAY:

Advance military pay is offered to help defray costs of permanent change of station moves. This optional advance is computed taking member's one month basic pay, subtracting Federal Income Tax withholding, State Income Tax withholding, Air Force Retirement Home contribution, Federal Insurance Compensations Act, Servicemember's Group Life Insurance and all debts to the government. The standard entitlement is for one month and may be repayed over a 12-month period. With commander's authorization up to three months advance and 24 months repayment is possible. Requests earlier than 30 days prior or 60 days after PCS also require commander's approval.

For more information, contact the finance office at 773-1851.



FDA Issues Ephedra Alert

WASHINGTON — Following an FDA alert, Air Force Medical Service officials are once again “strongly advising” airmen to contact their physicians or health-care providers before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids.

Food and Drug Administration officials have issued a consumer alert on the safety of dietary supplements containing ephedra that calls for consumers to immediately stop buying and using ephedra products.

AFMC Improves Deployment Process

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Air Force Materiel Command officials fielded a tool in the summer designed to help people keep better track of their deployment information and they said it is already making a difference.

The Deployment Qualification System is a Web-based tool providing units with capabilities they have never had before, such as timely and accurate information integration across functional areas, e-mail notifications for expiring training and daily summaries for unit deployment managers.

Air Force Logo Authorized on Jacket

Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON - Air Force Uniform Board members have introduced a new addition to the lightweight blue jacket.

“The Air Force chief of staff approved adding the Air Force logo to the existing lightweight blue jacket,” said Senior Master Sgt. Jacqueline Dean of the Air Force Uniform Board.

All told, 300 jackets will be distributed Air Force-wide for wear testing, Sergeant Dean said. Board members are targeting Maxwell Air Force Base, Ala., as a distribution point because of its high number of temporary duty officers and enlisted airmen.

“Because the TDY members come from so many bases throughout the Air Force, giving them out at Maxwell allows us to reach a large audience in a short amount of time,” Sergeant Dean said.

Airmen receiving the jackets will wear test them and give feedback to the uniform board about fraying or other problems with the embroidery, Sergeant Dean said.

Anyone not issued an embroidered jacket can have the logo applied on their jacket by a local embroidery shop using certain guidelines, Sergeant Dean said.

The Air Force logo is to be em-

broidered in a polyester white meridian thread with a stiff tear-off backing, according to information provided by Libby Glade, Air Force clothing office chief. The total stitch count of the logo and lettering will be between 4,200 and 5,000 stitches.

The symbol is to fit within a two-inch square. There is a one-fourth inch space between the symbol’s lowest point and the “U.S. AIR FORCE” type.

The “U.S. AIR FORCE” type is to be one-fourth of an inch high, 3.5 inches long, in all capital Arial font, 24 point.

The symbol is to be embroidered on the upper left chest. The dot in the center of the symbol is centered vertically between the shoulder seam and where the underarm side seam joins the armhole sleeve, and centered

horizontally between the zipper and the sleeve armhole seam.

Rank on the jacket continues to be worn on either the collar or the sleeve, Sergeant Dean said.



Photo by Master Sgt. Jim Varhegyi
Air Force Uniform Board members have introduced embroidering the Air Force logo onto the lightweight blue jacket as an optional wear item. The new addition will undergo a wear-testing period at Maxwell Air Force Base, Ala. Airmen can have the addition added to their jackets at any time by visiting an embroidery shop.

The Air Force Inspector General Program

The Air Force IG Complaints Program is a leadership tool that:

- ◆ Indicates where command involvement is needed to correct systematic, programmatic or procedural weaknesses and ensures resources are used effectively and efficiently.
- ◆ Resolves problems affecting the Air Force mission promptly and objectively.
- ◆ Creates an atmosphere of trust in which issues can be objectively and fully resolved without retaliation or fear of reprisal.
- ◆ Assists commanders in instilling confidence in Air Force leadership.

In addition, the IG ensures the concerns of Air Force active-duty, Reserve and Guard members, civilian employees, family members, retirees and the best interest of the Air Force are addressed through objective fact finding.

The IG office is located in Building 250, Room 153. To contact the IG office, call 773-3214.

For all your TRICARE needs, contact the TRICARE Service Center at 307-772-4020.

NCOIC Talks About Europe and Two Kids

On one of the coldest days of the year Airman 1st Class Lauren Hasinger talked with Staff Sgt. Rod Cochran, 90th Space Wing safety NCOIC information systems, to get to know the ten-year veteran.

Tell me about your job?

I do computer support, work group management and administrative support for the safety office.

What's the best part about your job?

Obviously still in the Air Force. I'd like to be some place a little more south.

Where else have you been stationed?

My first assignment was at Tinker [Air Force Base] in Oklahoma. I'm originally from Oklahoma City. After that I went to Spangdahlem [Air Base] in Germany. I've been here for a year.

Tell me about your family?

I have a wife, Jennifer, and two girls. The oldest is 6 and is in first grade and the youngest is 2. I met Jennifer in Oklahoma while I was stationed there.

What is your favorite part about being a dad?

Spending time with my kids. I work normal hours so it's pretty easy to do that.

If you could have dinner delivered to you from any where in the world tonight, what would it be and where would it be from?

Yeager schnitzel from Germany. It's fried pork. It's really good and really fattening.

What do you think about Britney Spears getting married?

She's not as innocent as her public image likes to project her.

What's the last movie you saw in the theater?

I took my kids to see "Finding Nemo."

What's your favorite book?

The "Lord of the Rings" series. I like the midievil time setting and the length of the novels.

Why did you join the Air Force?

I wanted to see the world.

Has that been accomplished?

I've seen quite a bit. I'd still like to go to China and Japan.

What did you do before you joined?

I joined three days after I graduated from high school.

If you could experience any moment in history, what would it be?

Biblical times. There's a lot of history there and it's just part of my faith.

What would you do with a time machine?

I'd go back in time and change my teenage years. I did a lot of stupid stuff back then.



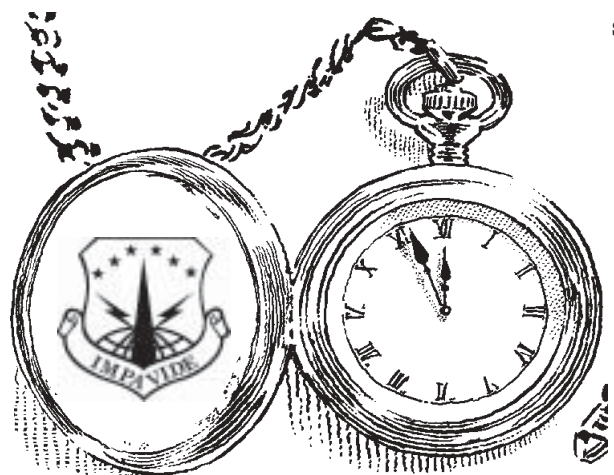
Photo by Airman 1st Class Lauren Hasinger

Computers. I really enjoy them. I hold several certifications from different companies. I got them through off duty education.

Other than Warren, where's the coolest place the Air Force has taken you?

Italy. I spent three weeks there doing a joint naval exercise two years ago. I took a trip to Rome while I was there.

Where do you see yourself five years from now?



WarFit Wonders

Question: Do I need additional protein when I am body building?

Answer: Many strength athletes are concerned about their protein intake and this is only one component of a strength-building program. The generally accepted protein needs are based on a range of .73-.77grams/lb. body weight. For example, a 6 ft. male at 168#

would require 123-129 grams of protein and a 5ft. 6in. female at 140# would require 102-108 grams of protein. The table below gives you an example of how the Food Guide Pyramid supplies the protein in your diet when you eat the minimum number of servings from the food groups. By eating just the minimum number of servings, males would get more than 100 grams of protein and females would get more than 80 grams.



Foods that Supply Protein

Grain, cereal, bread group	3 grams/serving
Vegetable group	2 grams/serving
Dairy group:	8 grams/serving
Protein group	7 grams oz.
To get an additional 20 grams of protein you could have 2 ounces of lean turkey on whole wheat bread (2 slices)= 20 grams of protein.	

COW, from Page 1

cerns and questions. We're all affected by this, we're all concerned."

Mad cow is a fatal disease that destroys the brain of the infected animal. It is caused in cattle by misshapen proteins called prions and is thought to be spread from animal to animal through contaminated feed. A rare form of the disease in humans known as variant Creutzfeldt Jakob Disease has been linked to the consumption of contaminated beef products. Approximately 140 deaths have been linked to "mad cow" since the mid-90s, mainly in Britain.

For developments on the current situation as well as for links to the USDA and other information on recalls and food safety, check the food safety link at <http://www.commissaries.com>.



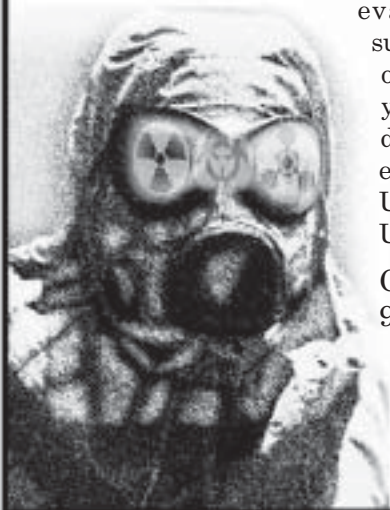
CE Readiness; Recipes for Preparedness

Post-Attack Reconnaissance

Once Alarm Black, General Release has been declared, at least two people from each shelter need to conduct post attack reconnaissance. This includes looking for casualties, facility damage, fires, chemical contamination, and unexploded ordnance. Report any findings to the Unit Control Center immediately. To determine chemical contamination, look at pre-positioned M8 and M9 tape for color changes. Remember, M8 and M9 are subject to false positives, but you should treat any possible contamination as if it is real. You also need to replace the used M8 and M9 paper. Make sure you time and date the new paper and dispose of the contaminated paper properly. Unexploded ordnance marking and reporting is also very important. You must recognize that there is

a UXO present, mark it, report it, and evacuate. Mark the UXO with surveyor's tape, an NBC marking kit, or whatever is available. Make sure you mark it close enough so people don't miss the marking, and far enough away so they are not at risk. Use your ATSO Guide to identify the UXO when you report it to the UCC.

Contact CE Readiness at 773-2132; 90ces/cex.training@warren.af.mil



CHIEF, from Page 2

vice of our country. There aren't many professions that ask you to possibly lay down your life if required. When deployed to Iraq, Kuwait, Afghanistan, Bosnia or anywhere we may be placed in harm's way, the sacrifices required become much clearer.

The bottom line today is we are an "all volunteer force" serving our great nation.

During my Air Force tenure, I've seen our forces reduced by two-thirds. Even with these reductions, we still maintain a highly mobilized, continually-tasked Air Force. Because of this fact, AEF became necessary and was formed. As I visit organizations in our wing, managers are constantly wrestling with manning authorizations, present-for-duty rates, filling deployment and ready augmentee requests to meet the mission at home and around the world. If any single member doesn't pull his or her weight, another member is forced to fill the slot causing a ripple ef-

fect felt not only at our base, but throughout our Air Force. These slots must be filled by people available and ready for duty.

Everyone would like to be home for the holidays, birthday parties and anniversaries. I can't think of anyone who would intentionally miss those types of events in their family. Many of us are aware of the pain felt when we lose a loved one and the grief that's compounded by the fact that our mission didn't allow us to be there in those final moments. Military members are asked to sacrifice all of this continuously. We must remember we are serving our country as "volunteers" - not forced to do it! I believe each of us as true professionals need to take a good look in the mirror each day and ask ourselves, "Am I available for duty?" Everyone must decide that for himself or herself just as the chief did. I too put on my uniform today and I am available for duty... How about you?